



Cyan Magenta Yellow Black



Pig Bowl play

The 342nd MP Company dominated the 924th MP Battalion's football sports day Oct. 21

Page 9

Fort Riley Post

Daylight Savings Time

Don't forget to set your clocks back one hour Sunday, Oct. 31 at 2 a.m.



Friday, October 29, 2004

America's Warfighting Center

Vol. 47, No. 43

Around The Army

Fort Sill:

The Cannoner reported that a new field artillery battery was activated to the 2nd Battalion, 2nd Field Artillery Oct. 22 at Fort Sill.

Capt. Michael Dinkens will command Battery C, which was activated due to increased field artillery training requirements.

The unit fires in support of the Field Artillery School and also boasts the post's salute battery.

Read more about this and other Fort Sill news on the Internet at www.lavton-constitution.com/cball/cannoner.htm

Fort Leavenworth:

The Leavenworth Lamp reported that a Malaysian officer from the Command and General Staff Officer Course of 1980 became the fourth member of his class to be inducted into the International Officer Hall of Fame Oct. 14.

Malaysian Army Gen. Mohd Shahrom, who in January 2003 became Chief of Army of the Malaysian Armed Forces, is the second officer from his country to be inducted by the Command and General Staff College and to be counted among an elite group of international Soldiers.

Read more about this and other Fort Leavenworth news on the Internet at www.fileavenworthlamp.com

Korea:

The Indianhead reported that the American Forces Network has a new venue.

Warrior Radio officially inaugurated broadcast services with a ceremony Oct. 13 from a new facility on Camp Casey.

This American Forces Network detachment is actually returning to Camp Casey. The unit had provided radio entertainment and information from a Camp Casey Quonset hut from the close of the Korean War until 1997.

However, with the pending closure of Camp Felling Water, officials had been on the hunt for a new home for the U.S. Army radio and television station.

Read more about this and other Korea news on the Internet at www-2id.korea.army.mil

Fort Knox:

The Turret reported that one of its employees saves the post more than a million dollars in energy costs.

Gary Meredith along with the staff at the Directorate of Base Operation and Support, contracted with Elizabeth-town's Nolin Rural Electric Cooperative Corporation, one of Knox's four suppliers of electricity.

The dividends in the relationship with Nolin are two-fold. When Knox gets an upgrade on anything using electricity (light bulbs, light sensors, heating and cooling systems, new boilers, better windows, etc.), Nolin's costs for delivering power go down, according to Meredith.

Nolin passes its savings back to Knox in the form of energy credits.

Read more about this and other Fort Knox news on the Internet at www.thewesternprize.com/turret

Invasion of the computer worms

Free peer-to-peer software downloading can open path for viruses

By Mike Heronemus
Editor

Some Fort Riley Soldiers and civilian employees may be opening a door for computer system invasion without realizing it, according to Jim Broad, assistant information assurance manager on post.

The threat lies with downloading free peer-to-peer software

from the Internet, he said. When Soldiers or employees illegally download such software offered by Napster, KAZA and others, they create a way for viruses and worms to invade the Fort Riley system, he said.

Fort Riley and higher headquarters information assurance managers know the downloading takes place, Broad said. Higher headquarters has reported the illegal downloading based on scans

they periodically do of the Fort Riley system, and post information assurance scans also have found such violations, he said.

Protective measures in place at Fort Riley so far have prevented any serious consequences based on peer-to-peer software being downloaded, Broad said. But, if Soldiers and civilians continue to download the free software from the Internet, the threat of more serious system compromise and

disruption remains alive, he said.

"The bottom line is downloading such software is illegal, according to Army Regulation 25-2," said Jim Phelps, Fort Riley information assurance manager.

Beyond that, viruses and worms can disrupt computer system operations. Worse, downloading such software might allow a "Trojan Horse" to be placed in the computer.

A "Trojan Horse" can be poten-

tially more harmful, Broad said, because it allows someone to find outside to get into the computer, control it and steal vital information, such as passwords.

"The bottom line," Phelps repeated, "is that downloading free software from the Internet is illegal and is punishable by Uniform Code of Military Justice action in the case of Soldiers or by reprimand in the case of civilian employees.

Saving lives



LACH Photo

Staff Sgt. Shane Whitney of 3rd Bde, 1st Armored Div., applies a tourniquet to a Soldier with bilateral lower leg amputation while fellow 3rd Bde. Soldier, Staff Sgt. Calvin Skidmore, operates a bottle that lets him force air into the injured Soldier's lungs. An unidentified 70th Eng. Bn. Soldier keeps the injured Soldier's head straight.

Engineers team with IACH for training

By Kevin Lockett
LACH

Irwin Army Community Hospital and 70th Engineer Battalion Soldiers completed semi-annual combat medic skills validation Testing Sept. 20-22.

This unit-level function consisted of various assessments, including trauma, medical and nuclear, biological and chemical (NBC) scenarios.

Trauma assessment required Soldiers to identify significant bodily injuries, such as amputations, open abdominal wounds, open fractures, head injuries, etc. When medics encounter a trauma patient, they ensure the scene is safe before completing a rapid trauma assessment that consists of a head-to-toe survey to identify major injuries to the body.

If a life threatening injury is found, the medic stabilizes the patient before transporting him or her for further treatment.

Medical assessment focused on anything not deemed to be trauma, such as an allergic reaction, heart attack, obstetrical emergency, asthma, stroke, etc. These patients must be evaluated by primarily using a question and answer format to determine the nature of the illness.

Treatment for these patients is based on their responses.

Soldiers could face a variety of scenarios

See Engineers, Page 2

Program helps cut red tape

By Donna Miles
AFIS

WASHINGTON — Six months after introducing its program to help severely disabled soldiers and their families tap into services available to them through the military and the Department of Veterans Affairs, the officer who oversees the program said it's sending a strong message that the military is standing by them at their time of need.

"(Disabled) soldiers and their families have made a great sacrifice," said Army Col. Jacqueline Cumbo, chief of the Disabled Soldier Support System — DS3 for short — task force, during an interview with the Pentagon Channel and the American Forces Press Service. "We want to make sure they know we recognize their sacrifice and have an organization in place to assist them ... and that we stand ready to take care of our own."

Since the program was launched in April, DS3 has been helping disabled soldiers cut through red tape to seek out the help or information they need until they can return to active duty or receive a medical retirement from the military.

Cumbo said the intent is eventually to make the program a joint operation, "because we realize that we have soldiers, Marines, airmen and sailors that are being injured" worldwide, particularly in support of the war on terror.

Of an estimated 6,000 soldiers who have been wounded during Operations Enduring Freedom and Iraqi Freedom, Cumbo said 880 are potentially eligible for the DS3 program. To qualify, a medical board must determine that they have a 30 percent or greater disability, such as those involving loss of a limb or eye or paralysis.

DS3 is not a new service, but rather serves as a clearinghouse for a host of services already available through the Defense Department and VA, Army officials explained during the program's launch. This gives dis-

See Disabled, Page 2

Dreadnaughts participate in gunnery

By James Tamez
19th PAD

Soldiers from 2nd Battalion, 34th Armor participated in gunnery training Oct. 14.

The modified gunnery table training gives Soldiers the opportunity to take a different approach in engaging targets.

According to Maj. Rich Creed, training officer for 2nd Bn., 34th Armor, special targets were brought to the range to add realism to possible situations they

may face in Iraq.

"We wanted to engage in training that is (more) suited to the current situations in Iraq," Creed said. "In this gunnery, Soldiers are using small arms fire against targets that are either enemy combatants or non-combatants."

Creed added that this was important training because more and more combat situations are in urbanized terrain.

"We need to ensure that Soldiers are able to engage in small arms fire for close range and urban combat," Creed said. "Spe-

cial troop targets have been set up in façades, windows and doorways of buildings."

In preparation for this type of combat, Soldiers are engaging targets that are located in varying types of terrain. According to Staff Sgt. Jerry Chapman, tank commander, Company B, 2nd Bn., 34th Armor, this makes for quality training.

"Our run went through the course pretty good," Chapman said. "It was more difficult having to distinguish between enemies and civilians."

Chapman added that Soldiers are able to fire differently in this training than in standard gunnery exercises.

Depending on the type of target, the tank crews would use either the M240 machine gun or the M4.

"Soldiers are getting the opportunity to fire their M4s from the hatches and engage targets that are too close for the big gun," Chapman said. "They are alert and have to choose which weapon is more effective in certain circumstances."

"This training is a challenge," said Creed. "Soldiers have to use their heads and think on their feet."

Since this was a modified gunnery, Creed said it was very important to get feedback from Soldiers on the training.

"The feedback has been very good," said Creed. "The Soldiers are very excited. It is a good change of pace for them in their training."

Chapman added the Soldiers

See Gunnery, Page 2

You can find the Fort Riley Post online at www.riley.army.mil





Engineers continued from page 1

involving nuclear, biological or chemical agents. The medics are trained to protect themselves from further contamination while isolating the patient to be transported.

In one recent scenario, a patient worked in a mailroom where anthrax contamination was suspected. In such an instance, the chain of command must be informed of a possible biological threat.

In order to treat chemical patients, the combat medic must don complete Mission Oriented Protective Posture 4 gear

consisting of mask, suit, gloves and boots. Once identified, the patient is moved to a decontamination area. The patient is administered a nerve agent antidote before any necessary evacuation.

The 91W Health Care Specialist program started in October 2001 to convert former 91B Combat Medics and 91C Licensed Practical Nurses, including those with additional skill identifiers, to the new 91W Military Occupational Specialty.

The 91W has a greater scope and depth of skills than 91Bs and 91Cs

were required to have. This means that Soldiers injured on the battlefield have a greater chance of survival because of the improved knowledge and skills of medical personnel.

Since the inception of the program, more than 400 Soldiers have made the transition to 91W, counting active duty, Reserve and National Guard Soldiers.

Classes available through the 91W transition program are the Basic Emergency Medical Technician course, Pre-Hospital Life Support, Trauma Airway

Intravenous Medication Shock and Emergency Medical Technician Refresher courses.

As part of the program, Soldiers attend courses during the day and receive college credit after successfully completing the course. Soldiers who attend all classes can receive 17 college credits.

Family members, retirees and Department of the Army civilian employees may also attend the courses free of charge, except for the cost of books and certification fees.

Fort Riley's Criminal Investigative Division changes name to 1001st Military Police Battalion

"Having the numbered title will help us establish early credibility with new leaders, especially at the other installations we support; Forts Leavenworth, Sill, Leonard Wood and Polk. Explaining investigative autonomy to installation and garrison commanders is new enough to some. Walking into a new garrison commander at Fort Polk and telling him you're the higher headquarters for the local CID Office or Detachment is easier when you don't have Fort Riley in your title. It's just less confusion right off the bat," said Battalion Commander, Lt. Col. Jim Gray.

"The name change to a numbered unit will have several positive outcomes down the line. First, we'll be more like the rest of CID and the Army in that we have a numbered unit that we can be part of and be proud of. Second, the new title will eliminate some understandable confusion outside of USACIDC over our area of operations and chain of command. Being dubbed the

Fort Riley CID Battalion often initially gives some supported leaders a skewed view of where we operate and to whom we report. These are probably the two most important outcomes.

"On the other side of the coin, despite the fact that we are a tenant, Fort Riley has been extremely supportive of this battalion over the years. We have to be careful not to allow the name change to diminish the great support relationships that have been built over time," he said.

Gunnery continued from page 1

did excellent work and got to do some good training that has had a positive effect on the morale of the unit.

"Morale is always good with high-speed training like this,"

Chapman said.

"The Soldiers are very focused," Creed added. "They know why they are out here and they understand why this is important."

Company B, according to Creed, had 16 crews participating in the training. The crews ran through the course and engaged separate targets in pairs.

Disabled continued from page 1

abled soldiers a single starting point for help with their financial, administrative, medical, vocational and other needs. It also helps them sort out the medical and vocational entitlements and other benefits for which they qualify.

Six months into the program, Cumbo said disabled soldiers share some common questions and concerns.

"The first thing on their minds is how to remain on active duty," she said. "The soldiers are very patriotic. And their only desire is to continue to serve."

But for soldiers who can't or don't choose to remain in the military, Cumbo said they're con-

cerned about how much pay they will receive if they're medically retired, what educational benefits they qualify for and how they can land a civilian job.

Soldiers who've been involved in the program call DS3 a success. Army Staff Sgt. Jerry Cortinas, a Special Forces soldier who lost his left hand and has limited use of his right arm after being attached by a rocket-propelled grenade in Afghanistan, said DS3 helped him sort out the services available to him. "I was basically lost," he said. "I didn't know what direction to start walking to get the help I needed."

DS3 "supports the soldier 100

percent," Cortinas said. "This program is a really positive thing to help our past, present and future soldiers," as well as their families. Cumbo said the Department of

Veterans Affairs has proven to be "a great partner" in the program, helping ease disabled soldiers' transition from active duty into the next stage of their lives and careers. Similarly, a wide range of veterans' service organizations and the Department of Labor have been active players in the DS3 program.

For more information about the contact, visit the DS3 Web site or call the program staff toll-free at (800) 833-6622.

COLLEGE HEIGHTS BAPTIST CHURCH
2 x 2"
Black Only
2K2COLLEGEHEIGHTS3543468 (TF)

MILITARY OUTLET
3 x 3"
Black Only
3X3MILITARYOUTLET03543488 (TF)

VALASSIS
3 x 12"
Black Only
Cellular One/#3950

FAITH FURNITURE
3 x 11"
Black Only
3X11 FAITH FURN





Post news in brief

Activity plans CFC events

The Directorate of Environment and Safety plans a chili cook-off contest, costume contest, live auction and silent auction Oct. 29 in the basement of Building 407 to raise funds for CFC. For more information, call Anne Woodmansee at 239-0425.

IACH phone numbers change

Irwin Army Community Hospital recently announced the following telephone number changes for TRICARE taking effect Oct. 1.

For appointments, urgent care, routine care, the nurse advice line or after hours, call (785) 239-3627 or (888) 239-3627.

For TRICARE benefit questions, medical authorizations or referrals for specialty care, claims status or the TRICARE service center, call (888) 874-9378.

Employee of quarter named

Fiona Price was named Directorate of Environment and Safety Employee of the Quarter. She was cited for professional and speedy curating of four separate collections delivered by contracted archeologists who had collected artifacts on Fort Riley.

Three of the collections contained 14,308 artifacts. The four contained 217 artifacts.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Army partners with OSHA to cut accidents

By Kelli R. Petermeyer
ARNEWS

WASHINGTON — The Army signed a partnership with the Occupational Safety and Health Administration at the Pentagon Oct. 15 to help reduce accidents at Army installations.

Geoffrey G. Prosch, principal deputy assistant secretary of the Army (Installations and Environment), and John Henshaw, assistant secretary of Labor and head of OSHA, signed the Voluntary Protection Program partnership to focus on 21 Army installations that have high accident rates.

"This event is one of great significance," Henshaw said. "This is the first time OSHA has signed a national partnership with any defense organization."

"The partnership will help the Army on several fronts," Prosch said. "It will enable the Army to meet the accident reductions called for by defense leadership and provide for safer workplaces and improved safety cultures at Army installations."

"We are an Army at war and transforming and are committed to providing for the safety and health of our war fighters and the Soldiers and civilians supporting

them," Prosch said. "Accidents on our installations degrade well-being and consume precious resources, and accidents on our installations can have significant impacts on the readiness and deployment of our Soldiers."

"We have learned that an attitude of a safety status quo and small incremental improvements achieved in the past are not going to enable us to realize the accident reductions and safety and health performance that our people deserve," he said.

The Army typically suffers more than 22,000 civilian occupational injury and illness compensation claims each year, resulting in nearly \$180 million in direct costs, he said.

The 21 installations selected as the focus of the program were chosen because they were either on the Department of Defense list of the 40 installations with the highest total civilian days lost due to occupational injuries and illnesses, or they had the highest days lost in their OSHA region, said Jim T. Patton, assistant for safety, Office of the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health.

The program will initially

focus on these installations and most likely will be expanded in the future, he said.

The VPP partnership is a flexible agreement designed to allow OSHA to work directly with the Army on specific situations to set goals and define results tailored to the Army's safety issues, said Paula White, director of cooperative and state programs, OSHA. The goals go above and beyond the normal OSHA standards.

"It's a roadmap to safety and health," she said.

After developing a partnership with OSHA, the lost time accident rate for the National Park Service's Sleeping Bear Dunes National Lakeshore in Michigan decreased 83 percent from 2001 to 2003, according to OSHA.

Part of the park service's agreement included developing ways to correct the top hazards at the site - slips and falls, bites and skin irritations, contact with objects, and strains and sprains.

According to OSHA, they managed these issues by addressing unsafe work practices, developing an effective safety program, and providing safety and health

training for managers, supervisors and employees.

OSHA started the voluntary protection programs in 1998 and has entered into nearly 340 partnerships, covering more than

12,000 employers and 625,000 employees, Henshaw said.

He added that he hopes this partnership with the Army will serve as a model for other organizations.

KANSAS PRESS

2 x 4"

Black Only

Union Pac/10-26, 10-27 & 10-29

KANSAS PRESS

2 x 4"

Black Only

Northglenn/10-26, 10-27 & 10-29

NETQUEST

3 x 4.5"

Black Only

3x4.5.netquest/03544222

DICK EDWARDS HYUNDAI

6 x 10.5"

Black Only

1/2pg Dick Edwards



Soldiers receive 'detainee training' before deploying

By Christopher Selmek
19th PAD

Detainee training is a recent addition to courses Soldiers must undergo prior to deployment, particularly in the wake of events at Abu Ghraib several months ago.

According to Sgt. Josh Bojanowski, 342nd Military Police Company, who helped give the brief, this training has only been used since February of this year.

"The reason we're conducting this training is so that everybody knows what is and what is not acceptable treatment of enemy prisoners of war," Bojanowski said.

The 1013 Quartermaster Battalion received this training on Oct. 19, filing into Normandy Chapel to receive a full day of presentations related to personal security, health hazards, daily life within an Enemy Prisoner of War camp and the rules of the Geneva Convention.

"The most important thing to remember is that you always treat them humanely," said Bojanowski. "That common sense will be enough to keep you out of hot water. If you are ever in a detainee

facility, constant awareness will keep you alive."

However, as the other instructor noted, common sense alone was never enough when working with detainees.

"Some of the incidents described in this class may seem minor or common sense, but are really very important," said Sgt. Justin Poff, 342nd MP Bn. "No matter how minor, damage can still be done due to complacency."

Such incidents of apparent common sense include close attention to pre-attack signals, such as subconscious clenching of fists or a drifting gaze that can give a Soldier some clue prior to being attacked.

"You only have one half second of reaction time if somebody standing five feet away decided to try to hit you," explained Poff.

Another course refreshed Soldiers over potential medical hazards in an EPW camp, particularly AIDS and other blood-borne diseases.

"You will be in contact with people from other parts of the world who have greater rates of these types of diseases, where the medicine and knowledge isn't as great as ours," Poff said. "Know the signs and symptoms, and be

aware of what your detainees are doing."

Poff also dispelled a popular myth, explaining that the AIDS virus was not transmittable by saliva. However, detainees have been known to use blood and semen in an attempt to cause trouble.

"Detainees with AIDS should be treated no differently unless you deem it necessary," he stressed.

The final presentation covered additional areas of prisoner ingenuity, including rubbing themselves down with soap and toothpaste in order to be tougher to grab, picking up a dropped utility knife to cut through three layers of concertina wire and methods by which the prisoners might try to send messages to one another.

Both Bojanowski and Poff were deployed in 2002, where their mission was to transport EPWs from Afghanistan to Guantanamo Bay, Cuba.

In addition, they spent a considerable time working within detention facilities in Cuba, and consider themselves well experienced in working with detainees.

The Soldiers reviewed the authorized levels of force and were encouraged to remain constantly vigilant when dealing with prisoners.

"The Army wants you to know this because you might need to use force one day and you need to know what kinds of force you are allowed to use to respond to what, and at a minimum level," Poff said.

KANSAS PRESS
2 x 2"
Black Only
goldberg/10-26, 10-27 & 10-29

IMPRESSIONS HAIR AND NAIL STUD
2 x 2.5"
Black Only
2X2.5IMPRESSIONS03544732

SCALY DAVE'S HERP SHACK
2 x 3"
Black Only
2X3 Scaly Dave's Herp Shack

STATE FARM INSURANCE
2 x 2"
Black Only
2X2 CAR INS 0354424 10/22 SR

KANSAS PRESS
2 x 2"
Black Only
CFL/10-26, 10-27, 10-29

KANSAS PRESS
2 x 2"
Black Only
Nikotic/10-26, 10-27 & 10-29

HOUSE ADS
6 x 12.5"
Black Only
AUSA---IF POSSIBLE





Commentary

Friday, October 29, 2004

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What is your biggest safety concern on Fort Riley and why?



"I'm mainly not from post, I'm just training here. But, I see the roads are dangerous. People are driving really fast. As I'm walking on the street, I see people flipping by."

Sgt. Eric Kreaeger
Het driver
Attached to 778th Trans.
Home: Zimmerman, Minn.



"The intersection at the PX of Trooper and Desert Storm Drive. They should have a stoplight because traffic's not controlled there. It's too dangerous and a congested area. It hinders people coming from the child care center in the morning. They're stuck there and it's a long line of traffic. At the end of work, traffic's stuck too."

Staff Sgt. Nathaniel Dunham
Squad leader
Co. C, 1st Bn., 16th Inf.
Home: Sumter, S.C.



"I've only been back for about a month and I see just all the construction on the road coming up the hill. With the new roundabout instead of a light, I see it as the cause of accidents here shortly."

Capt. Michael Youngblood
Battalion Signal Officer
HHHC, 1st Bn., 16th Inf.
Home: Bulaski, Tenn.



"I don't live on Fort Riley, but I don't notice really many concerns on this post. The one thing I notice is that the construction can cause some confusion."

Shannon Hunter
with son, Michael
Home: Nashua, N.H.

Next week's question:

There's a big disparity between the way Vietnam veterans were welcomed home and how War on Terrorism veterans are welcomed home. Why do you think that is?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

FORT RILEY POST

This newspaper is an authorized publication for members of the Army. The contents of the Fort Riley Post are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of the Army or Fort Riley. The Fort Riley Post is an unofficial publication authorized by AR 368-1. Editorial content is prepared, edited and provided by the Public Affairs Office and Fort Riley. The Fort Riley Post is published by Montgomery Communications, a private firm in no way connected with the Army, under exclusive written contract with Fort Riley.

Publisher-Maj. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Barzkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Mike Heronemus
Staff writers-April Blackmon, Jamie Bender
Advertising Representatives-
Shelby Dryden, Linda Pearson, Stephanie Simmons

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Montgomery Communications of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

For business or advertising matters, call The Daily Union in Junction City at (785) 762-5000. For news offerings, call the Fort Riley Public Affairs Office at (785) 239-8854 or DSN 856-8854, or write to the Public Affairs Office Bldg. 405, Fort Riley, KS 66442-5016.

Circulation 8,800 copies each week

By mail \$20 per year
A licensed newspaper member of the Junction City
and Manhattan chambers of commerce

By Jamie C. Peer

Installation Voting Officer

November 2 is right around the corner! If you have not sent in your absentee ballot yet, put the newspaper down, run, don't walk, to your nearest post office and get it sent in right away! If you are still reading, then I am assuming that you have proudly completed one of your most essential patriotic duties as a citizen of the United States by voting in a Federal Election. Great job and thanks! I am confident that the men and women who sacrificed their lives to ensure you had a voice in our government appreciate your commitment to follow through and



Jamie Peer

a.m. - 7 p.m.

Just in case you may not have noticed, on the voter registration post card you should have received from your County

cast your vote.

For those of you who are voting locally and will make it to the polls on election day, Riley and Geary Counties polling locations will be open from 7

Clerk's office (call them right away if you have not), it will name your specific polling location which is based on physical address. Voters are highly encouraged to show up only at their prescribed polling location.

And, finally, in reference to questions some may have about getting time off to vote, most commanders are undoubtedly making provisions for their personnel to either vote before work, at lunch-time, or after work. Civilian personnel should have the same opportunities. However, under particularly unusual situations (maybe you commute from Denver?) there is a Federal policy granting employees limited time

off from work (i.e. excused absence) to vote in Federal, State, county or municipal elections. Agencies have discretionary authority to grant these absences to the extent that such time off does not seriously interfere with agency operations. This absence is not to exceed one day, otherwise annual leave or leave without pay must be taken.

No matter how you are voting this year, whether absentee or locally, you ought to pat yourself on the back knowing that you have participated in an institution that helps to ensure we retain those rights our forefathers fought for so desperately. And, once again, thanks!

Voting

Exercise your right to vote Nov. 2

Halloween

Don't knock on the door this Halloween

By April Blackmon

Staff writer

Despite what you might see on Oct. 31, I'm not a fan of Halloween.

Should you knock on my door looking for candy, there won't be a witch answering the door - well, at least one in costume.

And don't swear you've seeing a ghost passing by my window - I just haven't had time to get a tan.

If there's a pumpkin on my porch, it's because I'm hoping a pumpkin fairy will leave some money.

The only reason candles might illuminate my house would be because I didn't pay the electric bill on time this month.

The cobwebs you might see are leftovers from the last time I dusted, not something hung purposefully because I delved into the



April Blackmon

Girls.

So, whatever you do, don't say I'm a fan of Halloween.

Maybe I'm cynical because I don't have children to take trick-or-treating. Maybe it was that horrible clown costume my mom made me wear when I was three. Whatever the deeply cloaked reason, I hate Halloween.

I'm not sure where or when I

Halloweenization of the holiday. And the spiders - they're real. I have a pest problem.

You might hear some scary music, but that's because I actually like the Spice

Clown. I began removing myself from the holiday's festivities, but it may have to do with the clown thing. I can't remember too many details, but I did see the photos of me with the saddest looking clown face on the planet that year.

I wanted to be a princess, but the Army had just moved us, mom was pregnant and we had no money. So, with what was available, my non-crafty mother turned me into a hideous clown with a huge fake smile.

I took my frustration out on that clown doll - we never spoke again. For some reason, I blamed him instead of my mother for me looking that way.

Well, at least my mother never turned me into a pumpkin like she did my brother when he was three. He fell into a ditch and couldn't get up. I wonder if he hates Halloween, too.

I guess I never recovered from

the clown trauma, but beyond that my reasons for hating Halloween have evolved over time. When I could articulate why I disliked the holiday, I explained that I didn't like the irony of trick-or-treating. I was always told never to take candy from strangers, but one night a year I was allowed to go wild and get treats from all sorts of strangers. And I would have access to more candy in one night than I would be allowed to eat all the rest of the year combined. It never made sense.

I guess I'm a Halloween Grinch. I won't try to steal the festivities from anyone, but don't expect me to like the holiday. And don't knock on my door, asking for candy. You see, I have figured how to have the best Halloween: I'm going to buy myself a bag of my favorite candy and I'm not sharing it with anyone - and I'm not dressing up like a clown.

Burnout

Find your true calling, fight burnout

Chap. Jeffrey Hawkins

Family Life Center

In some ways, it was a typical breakfast meeting. The waitress was pleasant, the eggs were average and the restaurant was full of busy people.

We shared a cup of black, coffee-like liquid the first few times he took a sip, he managed to spill quite a bit of it. His trembling hand was just one of the symptoms of his burnout.

That's why we were meeting. He wanted to know if I could help him.

I picked up a fork and explained that as long as I used it for eating, the fork would last indefinitely. However, if I began to use it to drive nails or dig trenches, it would soon break. The key was to use it for what it was designed to do.

The look in his eyes told me he got it, but I still went on to say that people are like the fork.

When they do what they are not designed to do, they eventually break.

Sure enough, I had him take his career assessment and it showed that he was designed to work on projects where there was definitely a goal. He derived immense satisfaction from reaching goals.

He also needed to work by himself about half the time. He was a scientist and enjoyed lab time, doing calculations and interpreting test results.

What his job required on a day-to-day basis was another story. His primary task was to supervise a dozen people and maintain operations. No goals. No projects. No time alone. Consequently, his job was sucking the life out of him.

Much credit for his recovery goes to his boss, who was a smart enough leader to change the job content to fit the design of a valuable employee.

So how do you know if you, a loved one or someone who reports to you is suffering from burnout?

Here are some early warning signs:

- Chronic fatigue — exhaustion, tiredness, a sense of being physically run-down
- Anger at those making demands
- Self-criticism for putting up with the demands
- Cynicism, negativity and irritability
- A sense of being besieged
- Exploding easily at seemingly inconsequential things
- Frequent headaches and gastrointestinal disturbances
- Weight loss or gain
- Sleeplessness and depression

- Shortness of breath
- Suspiciousness
- Feelings of helplessness
- Increased degree of risk taking

Fight burnout. Do what you were designed to do.

If you know someone who fits this description, have him or her take a career assessment and get on a mission with the way God "wired them to work."

Editor's note: This commentary was reprinted from the Fort Benning, Ga., Bayonet of May 28, 2004.

Grunt By Wayne Udden



Need help managing anger?

Everyone gets angry, and everyone shows his or her anger differently. Some people yell or throw things. Others may cry. Some people stay silent because they don't know how to express their anger. Unfortunately, we can't eliminate anger from our lives. We can, however, control how we deal with it.

Recognizing signs of anger. Knowing the warning signs of anger can help you recognize it before it sneaks up on you. Signs that you may be getting angry are:

- * Feeling frustrated, irritated or annoyed
- * Clenching your fists
- * Muscle tension, especially in your neck, back or jaw
- * Rapid, shallow breathing
- * Tips to help you manage your anger
 - * Take a slow, deep breath when you find yourself getting angry.
 - * Count to five. Exhale. Repeat.
 - * Try distracting yourself by doing something else.
 - * Take a walk.
 - * Tell yourself to calm down, chill out or relax.
 - * If you're angry with someone, try to calmly explain why you're angry. "I am angry with you because..."
 - * Don't yell or speak in harsh tones.
 - * Ask the person you're angry with to tell you what they think — what happened, and how they feel about it. Try to listen without interrupting and ask that they do the same.
 - * Remember that you'll have a better chance of fixing the problem if you stay calm.

For more information, log on to Army One Source at www.army-onesource.com or call Army One Source at (800) 464-8107.



U.S. ARMY RESERVES- ARMED FORC
6 x 21.25"
Black Only
#491765/10-29-04/LaMarque





Photo/Hardisty

BOSS Haunted House

Better Opportunities for Single Soldiers is sponsoring a haunted house 7 p.m. to 10 p.m. nightly Thursday through Saturday at Building 725 for the Fort Riley community. The "Come If You Dare Haunted House" will be divided into two sections -- a scary section for adults and a child's section with games, prizes and candy. Cost is \$3 per person at the door.

Post flu vaccine limited; deploying Soldiers priority

Irwin Army Community Hospital and the Medical Department Activity do not expect additional flu vaccine doses arriving in the near future.

According to Jan Clark, an Irwin Army Community Hospital spokesperson, "No future shipments have been earmarked for Fort Riley. If additional flu vaccine shipments arrive on post, the hospital will release information on when and where high-risk patients can get vaccinated," she said.

The United States is receiving only half of its originally anticipated flu vaccine doses this year as British authorities suspended the license of Chiron Corp. Oct. 5, for the next three months because of problems at its vaccine manufacturing plant in Liverpool, England.

According to Clark, medical officials here will continue to vaccinate based on the Assistant Secretary of Defense for Health Affairs' guidance.

As a result of the shortage, the Centers for Disease Control and Prevention and the Department of Defense have prioritized vaccinations.

Assistant Secretary of Defense for Health Affairs William Winkler, Jr., has announced the following vaccine priority:

- * Deployed or deploying service members and others designated as critical to national defense

- * High-risk individuals, including health-care workers, infants and the elderly.

- * Recruits

- * Non-deployed healthy active duty

- * Other healthy eligible beneficiaries

The CDC estimates that 10 to 20 percent of Americans come down with the flu during each flu season, which typically lasts from November to March.

Retirement orientation planned

The semi-annual Pre-Retirement Orientation will be conducted from 8 a.m. to 4 p.m., Nov. 5, with registration starting at 7:30 a.m. at Riley's Event Center. This orientation is for individuals that have submitted their request for retirement, however, any Soldier contemplating retirement in the near future is welcome to attend. Soldiers that are eligible for early retirement (medical reasons only) should also attend. Spouses of retiring personnel and prospective retirees are invited and encouraged to attend. For more information, contact the Retirement Services Office, Building 210, or call 239-3320/3667.

Post news in brief

Readiness group training scheduled

Family assistance and point of contact training will be conducted from 6:30 to 8:30 p.m. Nov. 4 for new points of contact volunteers within Family Readiness Groups. Instruction will cover resources available on Fort Riley and how to use those resources to help families within the FRG.

FRG Leader Basic Training will be conducted from 6:30 to 8:30 p.m. Nov. 9 for new FRG leaders and unit commanders. Instruction will cover the do's and don'ts of operating an effective FRG.

Both classes will be held at the Soldier and Family Support Center, Building 7264. Free childcare is available for anyone attending the classes. Pre-registration is required for the class and childcare. Call 239-9455 to register.

Trash pick-up changes

Trash pick-up will be altered Nov. 8-12 in observance of Veteran's Day.

The schedule is:

Nov. 8 — Colyer Manor, Main Post, Marshall Airfield, dumpster at Building 621. (No change from regular schedule.)

Nov. 9 — Ellis Heights,

O'Donnell Heights, Montieth Heights and Peterson Heights (north of Thomas Avenue), dumpster at Building 5309. (No change from regular schedule.)

Nov. 10 — Warner Heights, Burnside Heights, dumpsters at Buildings 28, 45, 470, 540, 542 and 621.

Nov. 11 — No pick-up.

Nov. 12 — Meade Heights, McClellan Heights, South Warner Heights, Peterson Heights (south of Thomas Avenue), dumpster at Building 5309.

For more information, call Paul Cassella at 239-6274.

Grad ceremony planned

Fort Riley military members, family members and civilian employees who are graduates of local college or SOCAD college programs are being invited to participate in the postwide graduation ceremony at 1 p.m. Dec. 9 in King Field House. For more information, call 239-6481.

Holiday boughs offered

Units, housing occupants and post activities desiring cedar and pine boughs, can pick up this material Nov. 12 through Dec. 24 at the Public Works parking lot on Dickman Avenue across from Building 364 on Main Post on a first come, first served basis.



HOMESTEAD AUTO
1 x 1"
Black Only
1x1HMSTDAUTO03543482 (TF)

BOX N SHIP
3 x 3"
Black Only
3X3BOXNSHIP03543456 (TF)

PRAIRIE HAWK CYCLE &
LEATHER,
1 x 1.5"
Black Only
1X1.5 OCT '04 TF

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2X2CANDLEWOODPHARM03543462 (TF)

MANHATTAN REGIONAL AIR-
PORT
1 x 2"
Black Only
AIR SERVICE GRANT

GRANDVIEW AUTOMOTIVE
2 x 5"
Black Only
2X5 GRANDVIEW 10/29 03544766SS

USA DISCOUNTERS
3 x 10.5"
BLR/October 2004

AMERICAN LEGION POST #17
1 x 2"
Black Only
american legion bingo ad-

COTTONWOOD THEATERS
1 x 3"
Black Only
1X3 COTTONWOOD TF
03543614 SR

UNION PACIFIC
2 x 5"
Black Only
#513637/Train Service Personnel

MAIN STREET CAFE
1 x 3"
Black Only
1x3mainStcafe03543789





HOLM AUTOMOTIVE
6 x 21.25"

FULLCOLOR-HOLM10/27 03544683SR





Fort Riley Sports & Recreation

Friday, October 29, 2004

America's Warfighting Center

Page 9

Sports news in brief

B-ball officials clinic Nov. 6

There will be an officials clinic for anyone interested in officiating basketball for the active duty adult basketball program on Fort Riley. This clinic is for new officials as well as a refresher for the seasoned veterans. The clinic will run from 9 a.m. until 1 p.m. Nov. 6 at King Field House. To sign up or if you have any questions call Mr. Sunstrom at 239-3945.

Rec center sets turkey shoot

The sixth annual Fort Riley turkey shoot will be from 10 a.m. to 2 p.m. Nov. 6 at the Outdoor Recreation Center, 9011 Rifle Range Road. Cost to shoot in the Turkey/Junior Turkey Shoot will be \$5 per shot. Cost for the Master/Junior Master Gunner event will be \$10 per person.

Skeet shooting will be available during the day for a cost of \$3 for 25 clay pigeons. Shells are not included in the cost.

Archery familiarization, a shooting skills video game and an inflated moonwalk will be available at no charge.

Five people will compete at a time in the turkey shoot. The most hits "in the red" wins a turkey.

The Junior Turkey Shoot will be conducted the same way for those 16 years and younger. Only 20-gauge shotguns will be used.

The center needs 20 volunteers to help with the turkey shoot.

For more information or to volunteer to help, call 239-2363 or 239-6368.

Youth b-ball sign-up begins

Sign-up for youth basketball teams will be conducted Nov. 12.

For more information, call Child and Youth Services at 239-9173.

Wrestling tourney set

The 2004 Fort Riley Wrestling Tournament will be Nov. 15-17 at King Field House. Competition starts at 6 p.m. nightly. A battalion may organize one men's and one women's team, each with 10. Coaches and wrestlers can attend a clinic at 6:30 p.m. Nov. 3 in the field house.

All wrestlers pass a physical exam within two weeks of the initial mandatory weigh-in scheduled for Nov. 15. A copy of the physical must be turned in at the time of the weigh-in. All wrestlers must make the weigh-in between 8 and 10 a.m. Nov. 15.

For more information, call Barry Sunstrom at 239-3945.

Winter golf classes held

Custer Hill Golf Course will sponsor winter strengthening classes. For information, call 239-2544 and leave a message.

November course hours will be 8:30 a.m. to 5:30 p.m. Tuesdays through Sundays and noon to 5:30 p.m. Mondays.

Pre-season hoops planned

The Fort Riley Sports Office will host a pre-season basketball tournament for company teams Nov. 19-21 at King Field House.

For more information, call 239-3868.

Medic team downs Airmen 33-20

By April Blackmon
Staff Writer

The Medical Department Activity defeated 10th Air Support Operation Squadron, 33-20 in Southern League play Oct. 21.

"We played well. We had more players - that was really critical. We got one of our star guys back from ANOC, that helped us a lot," said quarterback and coach Forika

McDougald. MEDDAC took first possession and controlled the ball for most of the first quarter. McDougald connected with Francisco Bernal for the first game touchdown. The extra point throw was swatted out by ASOS defenders.

ASOS quarterback Ben Pool launched a ball to Douglas Parker on their first possession, and

made it to the 20-yard line. From there, McDougald popped one off to Mars Hinton for the touchdown. Their extra point attempt was incomplete.

McDougald made it to the Airmen's 25-yard line in three plays before tossing to Gary Moore for the TD, but missed the two-point attempt.

The Airmen had a difficult time holding onto Pool's passes in the

second quarter, but managed to complete a two-pass play to Parker at the 18-yard line and to Christopher Payne for the TD. The two-point attempt was a success.

Medic possession ended quickly after Pool picked off McDougald's pass. After a quarterback sack on their first play, Pool connected with Hinton who ran down to the seven-yard line

and reconnected with Pool for the ASOS touchdown. The one-point attempt was incomplete.

Three plays later, McDougald ran in the Medic ball for a touchdown and Moore added on the extra points to tie the game at 20-20.

With Gary Ream at safety for MEDDAC, and quarterback sacks by Bernal and Shawn Gillespie,

See Football, Page 12

Pig Bowl



Post/Hardesty

Spec. Ryan J. Thiel does the worm dance as his teammates cheer him on after the 342nd MP Co., swept through the 924th MP Bn.'s sports activity day Pig Bowl football tournament undefeated here, Oct. 21, at the Cavalry Parade Field. The 924th MP Bn. holds sports activity days quarterly, "to build esprit de corps and unit camaraderie."

924th MPs duke out in football tourney

By J.D. Hardesty
Staff writer

The 342nd Military Police Company dominated the 924th MP Battalion's football sports day here, Oct. 21, as the Army Reserve unit from Columbus, Ohio played more like the Big-10 Conference Buckeyes from Ohio State University than a collection of Army Reserve Soldiers to claim the Pig Bowl trophy.

The 342nd blitzed the 977th MP Co., 30-0, the 300th MP Co., 20-7 and the 523rd MP Detachment 24-0 to claim the pig trophy in the double-elimination competition held on the Cavalry Parade Field. "The 342nd has dominated the Pig Trophy the entire time they have been here except for volleyball," said Lt. Col. Anthony Zabek, the post's provost marshal and 924th MP Bn. commander. "They have some great athletes. I was initially surprised at the Reservists' level of physical fitness, but it shows the Total Army concept of Army Active, Guard and Reserve is seamless."

In the gridiron opener, the 300th MPs' Pfc. Darby Hughes intercepted a lateral near midfield and returned it for the only score as the Wardawgs snuck by the 523rd Enforcers 6-0. Hughes picked off a lateral attempt after an Enforcer pass completion.

"I didn't think it would be the only score

of the game," Hughes said. "I thought our offense would put points on the board. It feels good being the only one to score in the game."

Spec. Tory Williams, a defensive back for the Wardawgs, picked off a pass in the end zone to keep the lead just before halftime as both teams defenses dominated play.

In the other opening round of the swine bracket, four different players scored touchdowns to lead 342nd to a 30-0 victory over the 977th Raiders. Staff Sgt. Anthony Saunders, Sgt. Derrick Pfeiffer, Staff Sgt. Jason Sturgill and Spec. John Peck poured through the Raiders defense in the first half as the game was called before halftime. The 977th's roster was depleted by recent deployments and limited to rear detachment Soldiers.

The 523rd Enforcers defeated 977th in the loser's bracket 20-8 to knock the Raiders into spectators, as Sgt. Edgar Amall, Spec. Scott Ellingson and Spec. Gregory Stubbs scored TDs for the Enforcers. Staff Sgt. Angela Ellis scored the Raiders lone touchdown on the day.

The Reservists from Ohio knocked the Wardawgs into the loser's bracket as Staff Sgt. Michael Cox scored two touchdowns and Sturgill added the other in a 20-7 hog football-test win. Pvt. Jonathan Reed was the only 300th MP player to score a touchdown. Williams, who intercepted a pass in

the Wardawgs' first game just before the half, did it again to keep 300th close at halftime, down 8-7.

In a rematch of the tournaments first game, 523rd revenge its 8-0 loss with a 26-0 shellacking of the 300th as Stubbs scored two TDs and Sgt. Corey McDonald and Capt. Michael Bromund tacked on one touchdown apiece to reach the championship game and a chance to knock-off the unbeaten 342nd MPs.

The 924th MP Bn. holds sports activity days quarterly, "to build esprit de corps and camaraderie," Zabek said. "It's all about the Soldiers and I know they enjoyed it. The players and the fans stayed an extra hour until the last game was finished."

The 924th MP Bn. holds sports activity days quarterly, "to build esprit de corps and camaraderie," Zabek said. "It's all about the Soldiers and I know they enjoyed it. The players and the fans stayed an extra hour until the last game was finished."

Pig Bowl scoreboard

300th MP 6, 523rd MP 0
342nd MP 30, 977th MP 0
523rd MP 20, 977th MP 7
342nd MP 20, 300th MP 7
523rd MP 26, 300th MP 0
342nd MP 24, 523rd MP 0

Baseball worthy of fame

Afghan youth learn sports from Soldiers

Sgt. Lawrence Provost has shared countless baseball lessons as a coach and player in central New York. His most recent teachings, though, are representative of a true baseball man.

Assigned to Afghanistan in 2002 with the Civil Affairs Team of the U.S. Army Reserves, Provost and five other American soldiers continued the work of the first Afghan Little League in its inaugural season in 2002.

Upon his return to the United States in mid-2003, Provost donated several items he and his baseball ambassadors used to share America's Game with young children in Afghanistan.

"We tried to impart to them to pass this along to the next generation," said Provost. "The game is special and it needs to grow."

Initially started in early 2002, the Afghan Baseball League was created by three special forces members, whose identities remain confidential, as a casual effort to share their love of baseball with kids.

The teams would typically practice on Wednesdays and Thursdays, with games on Fridays, drawing crowds from miles away. The soldiers even shared segments of the 2000 World Series with players and town residents on DVD.

The whole town showed up for games. Friday is prayer day, but the residents came out for it," Provost said. "They are absolutely not supposed to do anything, but they came out for baseball."

Provost's donations to the Museum included jerseys worn by two of the teams: the "Heat Stokers" and "Sun Dusters," along with a tea pot painted as a baseball and game used baseballs. The participants also donated numerous photos of games, practices and team photos, along with a few minutes of film footage.

As commissioner of the Afghan Baseball League, Provost and his team of soldiers also started the first-ever girls softball program in Afghanistan after their unit landed on the one-year anniversary of the Sept. 11 attacks. The softball

See Baseball, Page 10

Know recreational access procedures

By Alan Hynek
Fish, Wildlife Administrator

As security procedures continue to be refined on Fort Riley, so do the procedures for recreational access. While Fort Riley will continue to provide some of the best outdoor recreational opportunities in the Army, it is important to understand current access procedures before venturing out.

A Fort Riley Hunting and Fishing license is required to hunt or fish on the installation. The cost is

\$16 but is free of charge to persons under 16 years of age and to those 65 and older. Proof of completion of a hunter education course is required per Army regulation for all individuals regardless of age. Hunters must carry proof of completion of a state or internationally recognized hunter education course while hunting on Fort Riley.

Individuals may hunt, fish or pursue other outdoor recreational pursuits on an equal basis regardless of military affiliation with one exception. Only DoD ID cardholders and their accompanying

guests may use a firearms south of Vinton School Road. All other outdoor recreational activities are allowed for non DoD ID cardholders south of Vinton School Road. All firearms must be registered with the Provost Marshal's Office, which can be done at the Conservation Office, Building 1020, the Outdoor Recreation Center, Building 9011 and the Marshall Army Airfield Access Control Point. Military personnel are required to carry their firearms with their company commander.

All vehicles must have a valid

outdoor recreational vehicle marker displayed in the windshield of the vehicle. Markers may be obtained that the conservation office or the Outdoor Recreation Center.

Vehicles are not required to have a DoD sticker or daily pass to enter the installation north of Vinton School Road, but must have one or the other to travel south of Vinton School Road. The security checkpoint at Vinton School Road does not issue passes. Access to areas north of Vinton School Road may be obtained at any established

roadway to include primary access points at Old Highway 77, Rush Creek and 68th Avenue (North of Ogden). Vehicles with a DoD ID sticker or a daily pass may access areas north of Vinton School Road through the 1st Division Road Security Checkpoint and return through that checkpoint the same day or exit the installation at any established roadway.

Vehicles with a DoD sticker on their windshield or a daily pass may enter the installation south of Vinton School Road at Huebner Road, Henry Drive (Marshall





Rec

continued from page 9

Army Air Field) and Trooper Drive. Grant Avenue, Estes Road and Rifle Range Road may be accessed when open.

Once again, all vehicles used for recreation must have a valid Outdoor Recreational Vehicle Marker obtained from the Conservation Division or the Outdoor Recreation Center.

Daily passes are currently issued at the Henry Drive Access Control Point. Drivers must have proof of insurance and current vehicle registration along with a photo ID for all individuals in the vehicle. Recently purchased vehicles with a 30-day tag will need proof of insurance, bill of sale/finance contract and photo ID.

All vehicles must stay on established roads and trails. MPs and DA Police may issue DD Form 1805 or DA Form 1408 citations for any person entering or exiting the security check point without the fore mentioned items.

Recreationists are responsible for checking open recreational areas each day they wish to hunt, fish or pursue other outdoor pursuits.

Open recreational areas may be obtained from the Open Areas Hotline, 239-6669, Fort Riley's Outdoor Recreation Web Page, www.riley.army.mil/Recreation/Outdoor, or from one of the nine hunter check stations. Areas that are not open for recreation may not be accessed at any time.

Please stop by the Conservation Office, Building 1020, Huebner Road or call 239-6211 for further hunting and fishing information.

Baseball

continued from page 9

league marked the first time that girls in Afghanistan had ever been allowed to participate in sports, according to Provost.

Uniforms for that league were donated by the Arizona Diamondbacks. While Provost gives all the credit for the success of the Afghan Baseball League to the three special force members who started it, it was a visit to the Baseball Hall of Fame shortly before their deployment that planted the seeds to become involved in the game overseas.

Provost coached and umpired for the games, teaching both boys and girls. "I can honestly say these kids were just as good as

American kids their age. They practiced the game every day while we were gone. We came back about once a week, but they seemed to get the game pretty easily."

Unfortunately, the success of the league, and the town, failed to last.

According to Provost, both the league and the town collapsed, with the soldiers maintaining no contact following March 2003.

In late-July, Provost was preparing for deployment to Iraq, with hopes that the operational environment would lend itself to establishing a similar league.

"We would like to do this

again. It fosters a lot of good things about America, giving kids a sense of freedom and fun," Provost said.

The National Baseball Hall of Fame is a private not-for-profit educational institution and a proud participant in the Combined Federal Campaign.

Until Dec. 15, federal employees and military personnel have the opportunity to support the museum's educational programs and mission by listing Organization ID # 9862 on their CFC form.

To make an online gift or to learn more about the National Baseball Hall of Fame visit baseballhalloffame.org.

Visit us online at www.rile.army.mil.

KANSAS PRESS

2 x 2"

Black Only

Ver:lin/10-26, 10-27 & 10-29

ACTION TIRE

2 x 5"

Black Only

2x5ACTIONTIRE03543449 (TF)

Custer Hill Lanes Bowling Results

(As of Oct. 19)

Friday Night Mixed League			Officers' Wives' Club League		
Team	Points Won	Points Lost	Team	Points Won	Points Lost
Red Dog Express	20.0	4.0	Bowlidacious Babes	14.0	6.0
Team 10	17.0	7.0	Queen Pins	13.0	7.0
Team On A Mission	15.0	9.0	Granmas On A Roll	12.0	8.0
SE Strike Force	14.0	10.0	Babes With Balls	11.0	9.0
TGIF	13.0	11.0	The Hot Flashes	10.0	10.0
Team 9	12.0	12.0	Vacant Team	8.0	12.0
OSIMA	11.0	13.0	Strike Force	7.0	13.0
Team 5	11.0	13.0	Spare Balls	4.0	16.0
Crazy Eights	11.0	13.0	High Game Handicap-To Date	Score	
Survivors	7.0	17.0	Strike Force	663	
Vacancy Team	6.0	18.0	The Hot Flashes	637	
Only On Fridays	6.0	18.0	High Series Handicap-To Date	Score	
Team 13	2.5	1.5	Bowlidacious Babes	1,773	
Team 14	1.2	2.5	Queen Pins	1,727	
High Game Handicap-To Date		Score			
TGIF		946			
SE Strike Force		884			
High Series Handicap-To Date		Score			
OSIMA		2,521			
Team On A Mission		2,469			

NOTE: Custer Hill Lanes submits standings to the Fort Riley Post. Teams earn a point for each game won plus one point is awarded to the team with the most pins in the three-game match. Teams receive a point lost for each game lost in a match.

DAILY UNION

6 x 13"

Black Only

POST SERVICE DIRECTO RY



Webb weaves web of confidence

By Deb Skidmore

Media Relations Officer

Allen Webb, K-State's second-string quarterback, exploded onto the gridiron Saturday at KSU Stadium. With Webb at the helm, the K-State Wildcats beat Big 12 North rival Nebraska 45-21 at home Oct. 23.

"He had a great game," said Senior K-State Running Back, Darren Sproles. "He stepped up when we needed him to step

up."

Webb has been in the shadow of Dylan Meier for most of the season, seeing playtime only when Meier's been injured. He started the Nebraska game due to Meier's injuries from the previous week's game against Oklahoma.

Webb came out ready to play. He rushed for 147 yards. He passed for 124 yards and had four touchdowns credited to his statistics.

"I never lost confidence in myself, not at all," Webb said. "No matter what people

said about me, I knew I could do it."

Webb had some assistance from his teammates - specifically Sproles. Sproles became the national all time leader in all-purpose yards hitting a total of 6,010 after this game.

This was the 89th match up for the Cats and Huskers. Even though the Huskers have dominated the playing field over the years, this win for the Cats marked the first time ever they have won three consecutive games against the Huskers.

"We've been a better football team in

the last half (of the season) than we have in the first half. And, hopefully that's what's taking place right now," said K-State head coach Bill Snyder.

As for Webb's future, stay tuned.

Post-Blackman

K-State quarterback Alan Webb (right) weaves around the NU defense Oct. 23.



K-State (3-4, 1-3) vs. Texas Tech (4-3, 2-2)

When: Oct. 30

Kickoff: 6:10 p.m.

Tickets: For tickets, call 1-800-221-CATS

TV: Fox Sports Net

Radio: Mid America Sports Network, 29 affiliate stations; Junction City on 1420 AM, 102.5 FM; Manhattan on 1350 AM, 101.5 FM, 102.5 FM

Internet: www.k-statesports.com. Click the "Live" button at the top of the page and mouse down to "Live Football."

K-State and Texas Tech are meeting for the first time since 2001. The Red Raiders lead the all-time series, 4-3, however, the Wildcats have won 3-of-4 since the two schools joined the Big 12 in 1996.

K-State



Facing virtual elimination from the postseason after three straight conference losses that averaged just over eight points apiece, K-State kept afloat not only its hopes of extending an 11-year bowl streak but also its Big 12 North aspirations last week with a convincing 45-21 win over Nebraska.

The win was K-State's third straight over the Huskers and fourth in a row at home vs. NU, marking the first time in the 89-game series that the Cats have accomplished either feat.

Saturday's game will serve as the centerpiece of K-State's annual Homecoming festivities -- a 'Wild with Pride' weekend in the Little Apple.

Texas Tech



On the heels of its first home loss of the season, Texas Tech looks to rebound from a 51-21 setback vs. in-state rival Texas.

The Red Raiders have already notched one Big 12 road win in the Sunflower State this season and will be out to avoid their first back-to-back losses of the year.

FIRST PRESBYTERIAN
CHURCH
1 x 2.5"
Black Only
1X2.5 1ST PRES 03541982

DICK EDWARDS-JC

5 x 18"

Other Color

FULLCOLOR5X18DICKED03544536





ASOS player Jeremy Whiddon (right) reaches for MEDDAC Quarterback Forika McDougald's flag in their Oct. 21 game.

Post/Blackmon

Football

continued from page 9

the Airmen were unable to produce a touchdown in their 10-play drive. They handed over possession to the Medics at the 37-yard line. McDougald made his way to the 15-yard line and threw the touchdown pass to Joyce in one play. Moore intercepted the first Airmen pass to regain control for the Medics in the last play of the quarter.

Two penalties hit the Medics hard in the fourth quarter, moving the ball from the 36-yard line back to the seven-yard line. But, a lob to Ronald Henderson brought them to the Airmen 18-yard line. An illegal use of the hands penalty on the Airmen put the Medics inside the 10-yard line, where McDougald met with Henderson for the TD. Moore caught the extra-point for the 33-20 victory.

ASOS coach Matt Willie said this was "an average game" for his team and said they need to work on "catching the ball and pulling flags."

"We're not the best team out here; we're not the worst team out here," he said.

Touchdowns

MEDDAC

Francisco Bernal (1)
Gary Moore (1)
Forika McDougald (1)
Kevin Joyce (1)
Ronald Henderson (1)

10th ASOS

Mars Hinton (1)
Christopher Payne (1)
Ben Pool (1)

Southern League Standings

(as of Oct. 22)

Team	W	L
10th ASOS	3	4
596th Signal	2	4
HHD, 24th ID	5	2
USA MEDDAC	6	1
15th PSB	3	2
568th CSE	2	4
523rd MP Co	2	6
300th MP Co	1	6
24th Trans. Co	5	1

THE MARTIN AGENCY

4 x 10"
Black Only
Alltel/8409230216/Post./Oct.. '04

CG's Fall Golf Classic

Twenty-six teams participated in the four-person team tournament Oct. 21. Par for the golf course is 72.

Longest drive

Men - Mark Taulbee
Women - Judy Smith

General's Flight

1st - (57) Chris May, Mark Taulbee, Jesus Moctezuma, Mike Younklin

2nd - (58) Mike McCone, Alex Rexrode, Tim Brown, Doug Devin

3rd (tie) - (59) Jay Simpson, Mike Steffens, John Stewart, Paul Confer, and John Fairman, Dave and Barbara Gourley, Ken Ratzloff

Garrison Commander Flight

1st - (67) Tal Leonard, Rick Hahn, Ross Kirk, Dewayne Hogan

2nd - (67) Brian Larson, Christian Larson, John Morse, John Cory

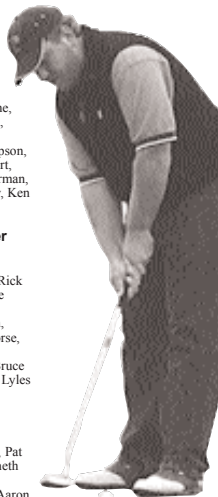
3rd - (67) Lane Lord, Bruce Watson, George Bowman, Lyles Lashley

Third Flight

1st - (73) Steve Vonada, Pat Keefe, Robert Louis, Kenneth Sampson

2nd - (73) Tom Meier, Aaron Wentworth, Mar Chrisman, Joe Zenyuk

3rd - (74) Charlie Williams, Larry McGee, Mick McAllister, Earl Stackhouse



Post/Blackmon

Mark Neely putts the ball at the CG's Fall Golf Classic Oct. 22.

MCNEIL GAME FARM & OUTFITTING,
2 x 2"
Black Only
2X2MCNEIL03544554

SIRLOIN STOCKADE
2 x 6"
Black Only
2X6 SIRLOIN TF 03544311 SR



Fort Riley Community Life

Friday, October 29, 2004

America's Warfighting Center

Page 13

Community news briefly

Trick or treat times set

Col. John Simpson, Fort Riley garrison commander, has set Halloween trick or treat hours on post from 5 to 8 p.m. Oct. 31. The post siren will sound a witch's wail at 8 p.m. to remind trick or treaters to stop.

Chapel plans fall festival

Morris Hill Chapel's Gospel Service congregation is planning Hallelujah Night, an inspirational fall festival, from 5 to 8 p.m. Oct. 30 at the chapel. Refreshments will be served.

Admission will be free, but non-perishable food items would be appreciated. The items will be used to help needy families in the Fort Riley community during Thanksgiving.

Society holds book signing

The Historical and Archeological Society of Fort Riley will host a book signing by authors of "Images of Fort Riley," a paperback volume containing 200 historical photos of the post from the mid-1800s to modern times.

Co-authors Bill McKale, curator of the post museums, and Robert Smith will be on hand at 7 p.m. Nov. 9 at the U.S. Cavalry Museum to sign copies of the books and talk with those attending the event.

Books will be available for purchase at the museum.

Latinos plan domino game

The Geary County Latino Association invites everyone to a domino game beginning at 2 p.m. Oct. 30 at Tacos and Salsa on 6th Street in Junction City.

Cost is \$5 per player. All funds will be used to defray cost of future association activities.

For more information, call 762-2703 or 238-8290, or e-mail gearylalano@yahoo.com.

Library hosts storytime hour

Children are invited to the Fort Riley Library, Building 5306, for weekly Storytime hours beginning at 1:30 p.m. on Saturday afternoons. Children under 10 must be accompanied by an adult. A light snack and juice will be served.

The "Cat in the Hat" will visit the library from noon to 2 p.m. Oct. 30. Parents are encouraged to bring a camera to take a photo of their child with the "Cat in the Hat." Every child will receive a treat bag, and costumes may be worn. Featured stories will be "Halloween Hats" and "The Cat in the Hat."

For more information, call Victoria Martin at 239-9582.

PWOC to host Iraq talks

The Protestant Women of the Chapel invite the Fort Riley community to hear stories about "Miracles from Iraq." The talks by Soldiers and spouses will reveal some of the good things that have been done in Iraq. The presentations will begin at 8:30 a.m. Nov. 2 at Morris Hill Chapel on post.

Army partners to study breast cancer

By Michael E. Dukes
Army News Service

WASHINGTON (Oct. 4) — Officials from the Walter Reed Clinical Breast Care Project recently joined forces with one of the world's top breast cancer researchers, forming a collaboration they believe could lead to a significant medical breakthrough for women.

Walter Reed had already been working since 2000 with Windber Research Institute in Pennsylvania on identifying genomic

changes in breast tissue, said project director Col. Craig Shriver. Now Army researchers have joined efforts with Dr. Philippe Darbe, a molecular biologist at Reading University in the United Kingdom.

After presenting findings to the Society of Surgical Oncology showing cancer to be more prevalent in certain areas of women's breasts, Walter Reed researchers were introduced to Darbe.

Separately, Walter Reed's and Darbe's research seemed to have only half the equation. After their editor of Lancet Oncology intro-

duced them to each other, they realized that their research was leading in the same direction; so they combined efforts.

"It's a tantalizing possibility that this experimental work can provide some really definitive answers, but it's not going to be quick, that's for sure," Darbe said.

"Over the course of many years, Darbe has been a world leader in identifying the fact that there are environmentally based chemicals that end up in breast tissue, and some of those chemicals are found in some commonly used antiperspirants and deodor-

ants," Shriver said.

The focus of Darbe's research has been on parabens, a chemical preservative used in many cosmetics "[Parabens] can mimic estrogen action and last January we showed that we can measure it in the breast," Darbe said.

The Walter Reed research is the first experimental work Darbe said she knows of, "that really suggests that there is something hitting a particular part of the breast, which causes genomic instability in that region. The outer region of the breast is where these chemicals are being applied

in quite large quantities."

"We're looking at patients' breast tissues and trying to correlate actual chemical concentrations to include parabens, aluminum and perhaps some others," Darbe explained.

The collaborative research team is examining the relationship between chemicals and genomic changes, which are occurring at various parts of the breast tissue and to "see if we can develop a one-to-one relationship," she said.

"I've been working on the

See Cancer, Page 14

Taking action



Post/Blackmon

Middle school students expressed concern at the Family Action Planning meeting Oct. 22 for their safety on "The trail" — a path many students use to walk home from the middle school. Students said increased violence has them and their parents worried.

Community members voice concerns

By April Blackmon
Staff writer

Fort Riley community members gathered Oct. 22 to express their concerns with the installation. Known as the Family Action Planning Conference, the event's goal is to identify issues and problems in the community and Army-wide that need improvement said Becky Willis, Army Family Team Building coordinator.

Participants met in one of six groups and narrowed their concerns down to 17 total key issues. On Oct. 16, approximately 25 teens and six staff members met to generate ideas, and on Oct. 21-22, 47 adult delegates and 16 staff members met. This year's participant numbers were about 50 percent less than they have been in the past, Willis said, due mainly to deployments and redeployments.

"But, we had about the same number of issues, and they were just as hard, if not

harder than in the past," she said. "It was very successful this year. I was very pleased."

Issues included the lack of adequate family-oriented recreation facilities, bottlenecks at the gates, military records being hand-carried by Soldiers and family members and lack of sufficient chapel support in the community. Other issues included a request for map kiosks at popular areas on post, no school fees for military children, better job-shadowing opportunities for high school students and redeploying parents for their children's high school graduations.

The issues, along with plans for action, were presented to a Steering Committee at the Oct. 22 conference. The committee, comprised of the garrison commander and command sergeant major, all the directors of post, Willis and her senior advisor, will meet in December to address and try to resolve the issues.

"Every attempt will be made to change

or address the issue," she said.

If an issue cannot be resolved at the Fort Riley level, it is forwarded onto FORSCOM, which goes through a similar process in an April meeting.

If an issue cannot be resolved at this level, it goes to the Department of the Army. At this level, Army-wide legislation can be created and enacted to resolve the issue.

"It could change a regulation, make a law, it could even start a whole new program," Willis said. "The sky's the limit."

Current programs, such as the Family Servicemembers' Group Life Insurance, Army Family Teen Building and an increase in death benefits have all derived from Army FAP conferences, Willis said.

From 1983 to 2003, 542 issues have been addressed at the DA level. Of those issues, 82 legislation changes have been made, 143 policies and regulations have been revised and 140 programs and services have been improved.

JC needs host families

STS Foundation is looking for families in Junction City who will host exchange students during the 2005 school year beginning in January.

One of the foundation's students is Joel from Australia. He is a 15 year old boy who enjoys his involvement with the Boy Scouts and his church. Joel is energetic, friendly and likes to meet new people.

Hye is from Korea. She is 16 years old and enjoys playing the piano and singing. She also likes drawing and painting with water colors.

Both students are very excited about their upcoming school year in Junction City.

The students bring their own spending money and insurance. They want to share their customs and culture with their host families.

Host families are needed in all cities in Kansas. Contact STS Foundation if you can help! Call STS at 1-800-522-4678 or visit us at www.stsfoundation.org.

Operation Santa begins

Operation Santa Claus began for unit committee members with an organizational meeting Oct. 28.

Opening ceremonies for Operation Santa Claus will be 9 a.m. Nov. 8 in Building 261 with Santa and his elves attending. Refreshments will be served.

Soldiers, family members, civilian employees and public and private organizations may donate toys for needy children during the Christmas season. Donations may be made through Jan. 15.

Collection boxes for voluntary donations will be located around the installation. Pickup service is available for larger items.

Operation Santa Claus volunteers will receive, wrap and distribute donations to post military and civilian families and local private and civic organizations serving the needs of the region.

For more information, call Pfc. Barbette Byrd or Staff Sgt. Marcos Felan at 239-6245 or (785) 210-6425.

Wife writes book on Army spouses

By Russell Bassett
Army News Service

FORT EUSTIS, Va. — The wife of a Fort Eustis Soldier has decided to tell a side of war that doesn't receive much publicity: the story of mothers and wives left behind when their sons and husbands deploy.

Patti Correa, spouse of Sgt. 1st Class Edward Correa, truck master with the 155th Transportation Company at Fort Eustis, has written a book, "From a Pebble to a Rock," in which she tells the true-life stories of wives and mothers forced to deal with life without their husbands and sons when they deploy.

"Usually we just hear the story about the Soldiers," said Correa,

whose book was released by Xulon Press this month. "The Soldiers' story is important, but we need to tell the story of the wives and mothers on the home front."

Correa, who has been married to a Soldier for 17 years, is no stranger to separation. Her husband deployed in the Gulf war, to Korea and - most recently - to Kuwait in support of Operation Enduring Freedom.

Writing "From a Pebble to a Rock" was "therapy" for Correa, she said. She started writing the book while her husband was deployed, and by sharing her story and the story of other family members who have dealt with separation due to a deployment, she was able to successfully cope with the rigors of being a military spouse.

"You have to keep the home front going," said the first-time author. "That is the whole purpose of this book, to encourage spouses and mothers and help them deal with deployments."

The 80-page book begins and ends with Correa's story and tells how she was able to go from a "pebble" to a "rock" as a military spouse.

"When we are newly married to a military member, we are rough and grumpy like a pebble," she explained. "Over time we become the rock, the firm foundation of the family, the support and refuge."

The other chapters of the book tell the stories of other military wives and mothers. The book spans several generations and

wars.

The family member's experiences may have occurred during different periods in America's history, but the common thread of dealing with separation and raising a family alone transcend any one time period.

In the stories span 60 years: different wars and times," said Lynn Tucker, Correa's friend and editor. "But essentially it is all the same - what the women had to deal with and the long waits they went through."

Even though the book was designed with women in mind, Correa's husband says the book is valuable reading for anyone involved with the military or interested in what life is like for the people who are left behind.

"This book gives you a different perspective on the unique strengths of women everywhere from all walks of life," he said. "They didn't choose to be in that position, but they gathered that inner strength and got through the hard portions of their life."

Correa, who has a 17-year-old child with her Soldier-husband, said despite the hardships, she is proud to be a military spouse.

"I am so happy to be a military wife," she said. "I am proud to be able to stand next to and support my husband. I am glad to be there for him and my country."

Tucker said that Correa is a credit to military wives everywhere.

See Book, Page 14





Community news in brief

Spouses' clubs organize fair

The Fort Riley Officers' and Civilians' Spouses' Club and Enlisted Spouses' Club are organizing a Christmas craft fair in Hangar 817 at Marshall Army Airfield Nov. 20.

Money raised from the fair will be contributed to the Fort Riley Combined Scholarship Fund.

Fort Riley private organizations and informal fund activities will be able to sell food and beverages. Vendors are invited to rent booths to sell art, crafts and collectable items.

For more information about the fair and booths, call Chrissy

Pribyla at 717-3008, Christina Humphreys at 463-5436 or Sherri Miller at 770-9219.

Thanksgiving served at Riley's

Riley's Conference Center will be hosting a Thanksgiving Holiday Buffet from 5 to 8 p.m. Nov. 17.

The menu will include traditional Thanksgiving foods. Cost for persons age 12 and older is \$12.50. Cost for children age 3 through 11 is \$6.50. Children 2 and younger eat free.

Reservations with payments are due no later than Nov. 10. For more information or to make reservations, call 784-1000.

ITR briefs

Worlds of Fun

Halloween weekends at Worlds of Fun run through Oct. 31. The park features three new extreme haunted attractions. At Camp Snoopy, Snoopy and the gang will be dressed in their Halloween finest. The Magical House on Boo Hill is more likely to produce a smile than a scream. Trick-or-Treat Town promises a bag full of goodies for children. Plus, there are live shows for all ages. Military dis-

count tickets are available through ITR.

KC Chiefs

Kansas City Chiefs tickets are still available for the following home games: Oct. 31 against the Indianapolis Colts, Nov. 28 against the San Diego Chargers, Dec. 19 against the Denver Broncos and Dec. 25 against the Oakland Raiders. Tickets are \$60 or \$80, including coach bus transportation.

At the movies

The Barlow Post Theater Doors open at 6:30 p.m. Shows begin at 7 p.m. unless otherwise noted.

Admission is \$3 for adults, \$1.50 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Oct. 29 - Hero (2004) (PG-13)
Oct. 30 - Sky Captain and The World Of Tomorrow (PG)
Oct. 31 - Wimbledon (PG-13)
Nov. 4 - Hero (2004) (PG-13)
Nov. 5 - Resident Evil: Apocalypse (R)

For more information, call 784-2226 or 784-2640.

Book continued from page 13

"Patti is a good role model for a lot of women," said Tucker, whose husband is also assigned to the 155th. "She always thinks of someone else. She is generous, wonderful, bright and very patriotic. She is very supportive of her husband and the military."

Sgt. 1st Class Correa said he couldn't do it without his wife.

"She is a devoted mother, wife and employee," he said.

The author maintains that "From a Pebble to a Rock" will not be her last book. She plans to write a similar book in the next year, one that includes stories of military children who are faced with watching their fathers deploy to war.

GLOBAL SECURITY LLC

2 x 3"

Black Only

2X3GLOBAL03544235

continued from page 13

Cancer

hypothesis for quite some time that chemicals in underarm cosmetics may be involved in causing breast cancer," Darbe said. "For me, the main underlying support came from the fact that there were too many breast tumors in the upper outer quadrant of the breast. In the UK we have something around 50 to 55 percent of tumors that are in the upper outer quadrant of the breast."

"Now with this collaboration, we know that these chemicals do accumulate within the breast but it's been circumstantial between levels of these chemicals either by environmental pollutants or application of cosmetics and actual changes in the DNA," said Dr. Darryl Ellsworth, the project's lead researcher at Winber Research Institute.

"If we could establish that link, it would provide direct evidence that these chemicals actually can cause genomic changes and it's a stronger likelihood that they may be associated with development of cancer," Ellsworth added.

"We're sort of in the initial execution stage, because we had to change or modify the way that we acquire the samples," Shriver said. "We've just begun that, and Dr. Jeffrey Hooke, [the project's

lead pathologist,] has a number of samples that are ready to go. We're beyond planning and into early execution, but we have no results as of yet."

"The specimens that we're dealing with here are actual mastectomy specimens where you have the whole breast," Hooke explained.

"In those specimens we can collect tissue from each of the different quadrants of the breast," he said. "For this particular project I'm collecting samples in duplicate, one set of samples goes up to Windber for the genomic studies and the other set of samples, from each of the quadrants, will go to Dr. Darbe for her studies."

"If we could actually get to the root cause of cancer — if we could actually prove that a particular chemical caused that cancer — then one could start using profiling, either by genomic or proteomic means, to try and identify what the early changes are and then (what) the later changes are," Darbe said. She added that improved treatment would logically follow, along with an understanding of how to stop the cancer.

"No matter what the result is, it's going to be interesting," Shriver said.

KANSAS PRESS

2 x 2"

Black Only

SS/10-26, 10-27 & 10-29

SCREEN MACHINE

2 x 2"

Black Only

2x2SCRNMACHINE03543496 (TF)

PATRICIA'S UNDERCOVER

2 x 6"

Black Only

2X6 03542793 PATRICIA'S LBG AD

BRIGGS

3 x 10.5"

FULL COLOR/3X10.5 BRIGGS

BRIGGS

3 x 10.5"

FULL COLOR/3X10.5 BRIGGS





Travel & Fun in Kansas

Page 16

America's Warfighting Center

Friday, May 7, 2005

Explore Kansas, discover America

Variety of attractions, history available in Sunflower State

By Beverly Hurley

You don't have to go far on vacation to find the heart and soul of America because for Kansans much of it is here in their own backyard. Kansas is filled with heritage and history, unique attractions, mesmerizing museums, natural beauty, and much more waiting to be discovered.

There is no shortage of top attractions in the state, including many that can be found only in Kansas.

The Kansas Cosmosphere and Space Center in Hutchinson is an affiliate of the Smithsonian and has the largest collection of space artifacts outside the Smithsonian's Washington D.C. museum, including the original Apollo 13 command module Odyssey.

The unique Rolling Hills Zoo in Salina is fast becoming a top zoological park with its impressive collection of rare and endangered animals.

Few towns capture the spirit of the American cowboy as Dodge City, where you can stroll the streets of the Boot Hill Museum and relive the days of the Old West. For heart pounding action, plan a trip to one of the state's motor sports facilities that are fast becoming top tourism draws for visitors from around the country.

The new Kansas Speedway in Kansas City, Heartland Park in Topeka, or the Dodge City Raceway Park offer racing excitement for even the casual race fan.

Everyone can be a kid again in Kansas. Wichita's Exploration Place offers a hands-on approach to science and discovery.

You can see rare fossils at the Sternberg Museum of Natural History in Hays, including the famed "fish within a fish" fossil, and the Fick Fossil History Museum in Oakley. Or spend a day at



File photo

The Kansas Cosmosphere and Space Center in Hutchinson has the largest collection of space artifacts outside the Smithsonian's Washington D.C. museum.

one of the state's top zoos for a family fun adventure.

Kansans can find a number of places to reflect on their historic past. The Kansas Museum of His-

tory programs. Two of these forts have the distinction of being National Historic Sites - Fort Scott and Fort Larned.

The state's heritage is deeply rooted in the Native American people who once inhabited the land called Kansas. Their culture is honored in many museums across the state. Or discover our African-American heritage by visiting the Buffalo Soldier memorials in Junction City and Leavenworth or the historic all-black community of Nicodemus in western Kansas.

You can reflect on the past through famous Kansans. The Eisenhower Center in Abilene honors Kansas' favorite son, President Dwight D. Eisenhower, and is one of the nation's top presidential libraries.

Atchison honors its famous aviatrix, Amelia Earhart, with tours of her childhood home and the Stan Herd earthwork designed in her likeness.

Walk through the prairie in Kansas and you will experience one of the four remaining untouched tallgrass prairies left in the world. The Tallgrass Prairie National Preserve in Strong City and the Konza Prairie Natural Area near Manhattan are just a few of the places to experience the beauty of the prairie. You can experience the beauty of the American bison at two game refuges, Maxwell Wildlife Refuge in Canton and the Finney Game Refuge in Garden City.

Wildlife of the airborne type is in abundance here, too. Cheyenne Bottoms and Quivira National Wildlife Refuge in Great Bend are both Wetlands of International Importance for migrating shorebirds. Kansas is one of only two states in the nation to have two international wetlands. The other is Florida.

You are encouraged to get out and explore Kansas.

Leisuretime ideas

Abilene:

What: Haunted Lebold Mansion. Second annual tales of the haunted home.

When: Now through Oct. 31

Where: 106 N. Vine

For more information: Call (785) 263-4356 or visit www.Lebold-Mansion.com on the Web.

Shawnee:

What: Historical Hauntings.

An evening of spooky stories, hayrides, trick-or-treating, costume contests and much more.

When: 6 p.m. Oct. 30

Where: 11501 W. 57th Street, Old Shawnee Town

Admission: Free

For more information: Call (913) 248-2360 or visit www.cityofshawnee.org on the Web.

Atchison:

What: Haunted Trolley Tour. Hour-long trolley tour of Most Haunted Town in Kansas narrated by costumed storyteller.

When: 6, 7, 8 and 9 p.m. Oct. 22-31

Where: 200 S. 10th Street, Santa Fe Depot

For more information: Call (913) 367-2427 or (800) 234-1854

or visit www.atchisonkansanet.net on the Web.

SET
2 x 5.5"
Black Only
2X5.5SET

KANSAS PRESS
2 x 2"
Black Only
B084808/10-26, 10-27 & 10-29

MWR
2 x 3"
Black Only
2X3B08SHAUNTEDHOUSE03544724

SUSAN RELIGAMARKETING SERVICE
2 x 5"
Black Only
2xShalirepser03544673

DAILY UNION
4 x 10"
Black Only
CIRCULATION MILITARY APPRECIATION